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## **News Release**

### **Many at Risk for Diabetes Don't Know It** *Take a Free Risk Test on Diabetes Alert Day*

(Salt Lake City) – A national survey reveals that most people who are at risk for developing type 2 diabetes know the risk factors, but often don't see those factors in themselves. The National Diabetes Education Program (NDEP) conducted a telephone survey in 2008 among 2,000 U.S. adults age 35 and older. Survey findings included:

- 68 percent of respondents know that being overweight increases risk for diabetes.
- Fewer than one-third (29 percent) of respondents known to be at high risk for diabetes (based on self-reported height and weight) report feeling at increased risk.
- Among respondents diagnosed with pre-diabetes (a condition that increases risk for type 2 diabetes), fewer than two-thirds (64 percent) report feeling at risk.
- Among respondents with a family history of diabetes, 63 percent report feeling at risk.

Today is the American Diabetes Association's [Diabetes Alert Day](#). In observance, the Diabetes Prevention and Control Program at the Utah Department of Health (UDOH) encourages all Utahns to take the ADA Diabetes Risk Test at [www.health.utah.gov/diabetes](http://www.health.utah.gov/diabetes).

Certain people are at risk for type 2 diabetes:

- People over age 45
- People with a family history of diabetes
- People who are overweight (60% of all adult Utahns are overweight or obese)
- People who do not exercise regularly
- People with abnormal cholesterol or high blood pressure
- Certain racial and ethnic groups (e.g., Non-Hispanic Blacks, Hispanic/Latino Americans, Asian Americans and Pacific Islanders, and American Indians and Alaska Natives)

**– MORE –**

- Women who had gestational diabetes, or who have had a baby weighing 9 pounds or more at birth
- People with pre-diabetes, also known as impaired glucose tolerance (IGT) and/or impaired fasting glucose (IFG)

It's estimated that nearly one in five Utahns age 20 and over (around 375,000) have pre-diabetes, a condition where blood glucose (blood sugar) levels are higher than normal, but not high enough for a diagnosis of diabetes.

The good news is that people with a family history of diabetes or other risk factors can prevent or delay type 2 diabetes by making healthy food choices, being physically active (30 minutes a day), and maintaining a healthy weight. Even small steps toward a healthier life can make a big difference.

Utahns from a variety of backgrounds have shared their efforts to prevent and manage diabetes on the Faces of Diabetes Web Site at [www.health.utah.gov/facesofdiabetes](http://www.health.utah.gov/facesofdiabetes). The site is a place to share diabetes-related successes and struggles as a way to connect people, experiences, and resources.

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*The mission of the Utah Department of Health is to protect the public's health through preventing avoidable illness, injury, disability and premature death, assuring access to affordable, quality health care, and promoting healthy lifestyles.*